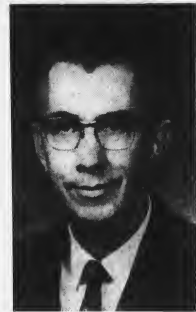


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COLEMAN, ALTA.

# The Coleman Journal

Most Effective Advertising Medium reaching the People of Town and District. The Journal goes into the Homes.  
VOLUME 85 - No. 16 The Journal - Coleman, Alberta Wed., June 11, 1969 single copy 10c

## Management Specialist Heeds Call



Dr. Ernest T. Rice, 9441 Knox Drive in Overland Park, Kansas, becomes Assistant Director of the Center for Educational Research and Regional Curriculum Development at Clarion State College in Clarion, Pennsylvania on September 1st.

In addition, Dr. Rice will be Associate Professor in the Division of Professional Studies at the college.

Currently, Rice is Management Systems Specialist for Mid-Continent Regional Educational Laboratory (McREL), 104 East Independence Avenue in Kansas City. He has held this unique administrative post for one year.

Dr. Rice, an expert in the management of educational research, has given leadership in establishing and maintaining effective systems for the management of the Laboratory, a federally-funded corporation under Title IV of the Elementary and Secondary Education Act of 1965.

The climax of Rice's professional preparation came in the Program for Administrators of Educational Research and Information Systems at the University of Iowa, one of the nation's leading institutions in educational technology and research. Rice's doctorate was granted at Iowa in 1968.

He is the holder of a master's degree in education from Western Washington State College, in Bellingham, 1966, and earned his bachelor's degree in arts and sciences at the University of British Columbia in Vancouver, 1947. The latter institution also granted Rice business specialist and teaching credentials.

Dr. Rice taught mathematics, science and business in secondary schools throughout the province of British Columbia for 17 years. He was a civilian officer with the Canadian Armed Forces.

In 1961 and 1962, Rice was a member of the Central Executive Committee of the Teachers' Federation of British Columbia and during 1965 and 1966 was Secretary of the Chamber of Commerce of Aldergrove, B. C.

Rice had the assistance of tuition and international assistantships and a research assistantship while at the University of Iowa. Rice is married to the former Mary Atkinson and the couple has two children, Grandland John, 14, and Rita Kathleen, 9.

In his spare time Rice is reviewing and polishing his flying technique, and working out at a local health spa.

Dr. Rice's wife, Mary (Atkinson), was born and raised in Coleman and was a nurse in the Coleman Miners' Union Hospital in 1940 through 1943. The couple were married in Coleman. Her brothers Graham and James and her sister Isabel, live in Coleman with their families.

## Flaxseed Surplus Forecast

Canada is going to have a surplus of flaxseed that may sell at substantially lower prices this year, says J. S. Carmichael of the Canada Department of Agriculture's Economics Branch.

Dominion Bureau of Statistics survey figures indicate flaxseed acreage will increase 62 per cent this year to 2,468,000 acres, the highest in recent years.

It takes as many as 13,000 individual parts to build a passenger car, according to engineers at General Motors of Canada.



—Vern Decoux Photo.

## GRADUANDS HONORED - The Horace Allen High School of Coleman graduating class was honored at a prom held in the Elks Hall May 23rd.

Chairman of the event Miss Chris Upton, introduced guest speaker Charles Drain, M.L.A., of Blairmore, who congratulated the class and spoke on the value of education in today's world.

Class valedictorian was Miss Christine Myslicki.

The graduating class included, front row (left to right): Christine Myslicki, Linda Skrzysala, Patricia Peknik, April Ingram, Joanna Rit-

rovato, Denise Aiello, Gladys Duncan, Brenda Woods, Cathy Fekete.

Middle row, (left to right): Mari-  
anne Atkinson, Monica Kropinak,  
Eugene Rejman, Brent Michalski,  
Christopher Ondrus, Alex Sekella,

Sandra Broddy, Wendy Bowman,  
Mary Ann Zak.

Back row (left to right): Leon-  
ard Lorenz, Gordon Marconi, Lar-  
ry Nelson, Ronald Niemeyer, Dale  
Montalbeti, David Sudworth, Karl  
Hummel and Jim Ash.

## Students Need Summer Jobs

Doran Flexhaug, manager of the Blairmore Canada Manpower Centre, is appealing to all employers as well as citizens of the Crows Nest Pass and District to do all possible to hire students for summer employment.

Mr. Flexhaug stated that the CMC office is extending efforts to interview and register all senior high school students in the Pincher Creek - Crows Nest Pass area. It is expected that some 700 responsible, career-minded young men and women will be available on the labor market in the area to do any kind of job, skilled or unskilled, for the whole summer or just part of it.

Mr. Flexhaug has stated that the young people seeking work will do most any job, including painting homes, fences, digging gardens, cleaning yards, repairing fences, cutting hedges, pruning trees or any jobs around the home as well as going into the various types of labor and other jobs in the district.

The CMC is keeping a current list of young people available for any type of work and a phone call

to the office will bring instant results.

The summer employment for the young people is very important for economic reasons, stated Mr. Flexhaug, as many of the students cannot continue their studies without an opportunity to work during the summer and save their dollars.

Besides providing the necessary funds, summer work also provides the foretaste of a possible career and also it allows the student to match his personal aptitudes and tendencies with a particular aspect of the many-faceted jobs that our buoyant economy has to offer.

The CMC are urging every possible employer to help give a student a summer job and a phone call to the Blairmore CMC at 526-2816 will provide a pre-screened young person matched to the job requirement.

## Dr. R. P. Borden, Former Resident, Passes At Langley

**BORDEN** - Doctor Russell Potter Borden, late of Carroll Court, Frost Road, Langley, B. C., passed away May 11, 1969, aged 82 years.

Survived by three children: L. F. G. (Bob), Yellowknife, N.W.T.; Mrs. D. J. (Prue C.) Power, Duncan; Mrs. S. W. (Jane L.) Cross, Enderby.

Predeceased by one son, killed in action, 1944, Russell Hamilton Newburn (Dick); also survived by eight grandchildren; one great grandchild; one sister, Miss Leah Borden, Grafton, Mass., U.S.A.

Cremation took place Monday, May 12th. Memorial service in St. Andrew's Anglican Church, Tuesday, May 13th at 2 p.m. Rev. P. Whitney and Rev. R. Maggs officiating.

Flowers gratefully declined. Donations may be made to the B. C. Cancer Fund, Columbia Funeral Service, Langley, directors.

General Motors of Canada purchases over 45,000 different parts from 800 Canadian automotive parts manufacturers.

## C.W.L. Bazaar October 25

October 25th was the date set by the Coleman Catholic Women's League for the annual fall bazaar held by the Church.

President of the CWL, Violet Wavrecan, gave a report on the recent Regional Convention held in Lethbridge and advised the event was one of the best attended to date. She presented perfect attendance plus Mrs. Josephine Kulig, Alice Montalbeti, Sofia Baruta, Minnie LaCroix, Mollie Strickland, Angie Owen, Marie Kilgannon, Irma Baier and Mrs. S. Maciejewski, for one year attendance, and also presented the monthly attendance prize to Mrs. Cornelia Bohomolec.

The CWL will serve communion breakfast in the Church hall on Sunday, June 8th for the children making their first communion.

Guests at the final meeting of the season were Father John Polardy and Father Jim Hagel and the Sisters.

Meetings of the CWL will recess for July and August and will resume in September.

Forest fires destroy over 500 million cubic feet of timber each year in Canada.

## Walkathon Successful Affair

An estimated 1300 enthusiastic Crows Nest Pass persons, ranging in age from five to 60, and from every walk of life, took part in the 24-mile hike from the Johnson Bros. Sawmill at Cowley to the Lions Park at Coleman.

It is estimated that in the neighborhood of \$10,000 will be raised from the hike, organized to raise money for the Crows Nest Pass swimming pool project.

The hike, organized by the Coleman Lions Club, and Harry Draper of Blairmore, was extremely well performed with the aid of the RCMP, the local ham radio operators group and numerous volunteer citizens.

Check points at two mile intervals provided pop, donated by Coke, Pepsi and 7-Up companies, and chocolate bars at the halfway mark supplied by the Coleman Lions provided the necessary fuel and energy for the hikers to complete the long jaunt. Hot dogs and other refreshments were provided by the Coleman Lions in the Lions Park for all the hikers.

The hike started at 7:30 a.m. and first in were two Coleman youths,

Raymond Misura, 17, and Tom Cunningham, 16, who crossed the finish line at 12:45 p.m. Second to come in were Bradley and Denis Harper of Bellevue. First women to complete the hike were Mrs. Wanda Proc of Coleman, with Connie Michalski of Coleman, in at 2:20.

First girl to come in was Carrie Sue Loyer, 10, of Frank, who broke the string at 1:15 p.m., to be followed by Lorraine Marra of Blairmore at 1:50 p.m.

First man in was B. Peterson of Blairmore, followed by Mario Maschio and Sonny Lord, both of Blairmore.

The hike was favored by sunny but cool weather, fanned by a light breeze. Numerous sunburns and blistered feet were reported, but no serious mishaps marred the hike.

## Hotel Renovations Underway

Grand Union Hotel in town is undergoing a \$15,000 face lifting job and according to proprietor Earl Schmidt, the work will be completed in August.

The work includes renovations to the bar, coffee shop, lobby and beverage rooms and new refrigeration units are being installed.

A new ladies' and gent's entrance is being built and Elman Fields Ltd. of Lethbridge are laying all new Torginal floors in all the premises.

Mr. Schmidt also stated that plans are being made to air condition the beverage rooms in the near future.

## Engagement Announcement

Mr. and Mrs. Joseph S. Malan-  
chuk of Pincher Creek, announce  
the engagement of their daughter,  
Karen Marion, to Mr. Joe A. Kost,  
son of Mr. and Mrs. Roland Durr  
of Medicine Hat, Alberta. The wed-  
ding will take place June 23rd,  
1969, at St. Michael's Roman Ca-  
tholic Church in Pincher Creek.

**Leslie Owen**  
DRY GOODS  
Ladies' and Men's  
Wear  
Across from Central School

## Hose Competition July 5th

Fire Chief Henry Zak reported this week that a cheque in excess of \$300 has been sent to Muscular Dystrophy headquarters.

Money was raised by the firemen through their various activities and Chief Zak has expressed thanks to all who supported the brigade.

Meanwhile Chief Zak has announced that the annual hose coupling competitions will be held on Saturday, July 5th.

Events will start with a parade at 1 p.m. and will comprise ladies and mens competing teams.

Outside teams wishing to participate in the events should contact Fire Chief Zak on or before June 26th.

## Coleman Whists

The last whist of this season was held on Saturday, May 31st in the Coleman United Church club room with a good attendance. As usual a very jolly time was had by all and winners were:

Ladies' first, Beth Walker; ladies' second, Katherine Ulrich; ladies' consolation, Cathie Richards.

Mens' first, Art Williams; mens' second, Jack Root; mens' consolation, Morley Broddy.

These whists which were started in October, 1966, have paved the way to many good friendships throughout the Pass for us (the Walkers) and now we say thank you to those dear people who attended so faithfully. You will always remain in our fondest memories.

## Unexpected Visitor

The Harold Boster home in Blairmore was recently visited by a black cub bear.

George and his sister were returning home one evening when they saw a black cub bear in a pine tree near the kitchen door of their home. Upon investigating with flashlights they discovered it was a cub bear who looked the part of an orphan or one abandoned by its mother.

It looked very thin and seemed to be badly in need of a square meal. They placed chicken bones and ample feed at the foot of the tree and left it to make its own decision.

Evidently he needed no further invitation for in the morning the food and bear had disappeared, no doubt refreshed and strengthened he had made his way back into the forest to a more natural habitat.

## Coleman Library Open During Summer Holidays

The Coleman Library will remain open during the summer holidays on Thursdays from 6 to 8 p. m.



The songs and sentiments of Canadian-born lyricist Gene Lees (Quiet Nights, Desafinado) will be featured in a CBC Showcase presentation Sunday, June 8th (4:02 p.m. EDT) on CBC radio network. The program will be introduced by singer-composer Peggy Lee.

COLEMAN ELKS  
CASH and PRIZE**BINGO**IN THE  
**Elks' Hall, Coleman**

ON

**Fri., June 13**

AT 8 p. m. SHARP

**Admission - 12 Games - \$1.00****BONUS CARDS 25c****PRIZES****\$150.00 Jackpot in 57 Numbers**  
or less. If not won to up \$10.00 each Bingo Night**\$10.00 Extra Card Bingo**

Winner to receive \$2.00 extra for each extra card he holds

**\$50.00 Cash Bingo to Go****\$50.00 Cash Bingo in 57 Nos.**If not won in 57 Nos. prize money will decrease \$5.00  
each extra call until won.**8 Other GOOD PRIZES**

with option of Cash or Prize

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Sewer Hook-Ups**

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Open 6 a. m. to 9 p. m. Daily

**Cash Prizes**

COLEMAN LIONS

It's  
Fun!**BINGO**

IN THE

**Coleman Elks' Hall**

ON

**Wed., June 18th**

At 8.00 p.m. sharp

**Admission - 12 Games - \$1.00****Bonus Cards 25c****\$100 Jackpot in 75 Nos.**

OR LESS

**5 Prizes of \$12 and 5 Prizes of \$10**

and

**\$40.00 Bingo in 8 Numbers or Less**

and

Also EXTRA GAMES according to attendance.

**Alberta Medicare  
Goes Into Effect  
July 1st**

Hon. Dr. J. D. Ross, Alberta Minister of Health has announced that effective July 1st of this year, all residents of Alberta will be covered by Alberta Medicare and that everyone must register for the Alberta Health Care Insurance Plan by that date.

Benefits under the plan include all basic health services, which are medical, surgical and obstetrical coverage; specified oral surgery performed by a dental surgeon; optometric refractive examinations, and chiropractic, pediatric and osteopathic services.

To facilitate registration, members of group health insurance plans with M.S.I. or other carriers are being provided with the necessary forms by their group leaders.

Persons enrolled on an individual basis with the Alberta Health Plan or M.S.I. are receiving registration forms by mail, and, where possible, the same service is being provided for enrollees with other insurance companies. For those residents who are not included in any of these categories registration forms are available at Treasury Branches, chartered banks, county and municipal district offices and hospitals.

On registration, a resident receives an identity card showing his name and registration number as well as those of his dependents. Anyone who fails to register is guilty of an offence and is liable to a fine.

The annual premium for a single person under the plan is \$60, for a family, \$120. Group members will have their premiums collected monthly, individual registrants will pay quarterly. Payment is not made at the time of registration. All residents will be billed at a later date.

Subsidies of one-half of the premium payable are available to those whose taxable income (or the combined taxable income of himself and his spouse) for the preceding year was not more than \$500. Applications for subsidy will be printed on the first premium notice mailed to non-group members and will be available to group members through their group representatives.

Recipients of assistance benefits from the Department of Social Development (formerly the Department of Public Welfare) will be automatically registered by the Commission and should not register themselves.

Practitioners who provide basic health services as listed under the Plan may submit a claim to the Commission or may bill the patient direct. If the latter, the Commission will reimburse the patient.

The Alberta Blue Cross Plan and private insurance companies may continue to provide those health services not considered basic, such as ambulance, drugs, naturopathic services, prosthetic appliances and hospital benefits not included in the Alberta Hospitalization Benefits Plan, for an additional premium charge.

A folder listing all details of the Alberta Health Care Insurance Plan has been distributed to all residences in the province. Anyone who has not received a copy can obtain one from those offices which distribute registration forms. For their own benefits, all Albertans are urged to read this informative brochure carefully.

**The Ground Hog's  
Secret Weapon**

When you 'chuck hunters are injuning around the landscape this summer — especially in overgrown fence-lines and wooded edges — don't depend on any "natural immunity" to poison ivy.

Maybe you do have some resistance, but this tends to break down with repeated exposure. If you've never had poison ivy, you may be due. We'd never had it either, until we caught it.

**Good Ideas:**

Learn what the weed looks like in all its forms (it has many). Keep your arms and legs covered while hunting, especially if you are hot and sweaty.

Launder your duds after a summer hunt; the plant's toxic oil can stick to fabric. Launder yourself, too. Use strong soap.

Poison ivy is sneaky stuff. It may be carried on the fur of ground-hogs. Last year we saw a case on the hands of a hunter who had cleaned rabbits that had been feeding on and around poison ivy. People have even caught it from dogs. You can't trust anybody.

**Proclamation**

Pursuant to the powers granted Council under Section 237 (1) of the Municipal Government Act, the Council at their regular meeting held on May 13th, 1969, did proclaim that

**Monday, August 4th, 1969**

BE DECLARED A

**CIVIC HOLIDAY**

FOR THE TOWN OF COLEMAN

Signed this 20th day of May, 1969.

JOHN HOLYK, Mayor.

**These students  
want to build  
a better world**

University, college and senior high school students know that you're not going to build a better world by dropping out. It takes education and work skills. All of which cost money to acquire. So these career-minded, responsible students are looking for summer jobs. Any kind of a job—skilled or unskilled—for the whole summer or just part of it. To hire a responsible student who is eager and anxious to do a good job, contact your local Canada Manpower Centre. We'll do the rest. We'll pre-screen. Evaluate. Match up your job with the right student or group of students. Call us now. Give a student who wants to build a better world, a place to start—at your place. You help yourself—when you hire a student this summer!

GIVE THEM A PLACE TO START. AT YOUR PLACE.

**Hire a student this summer**Department of Manpower and Immigration  
The Hon. Allan J. MacEachen, Minister  
Consult your local Canada Manpower Centre  
Federal Building - Blairmore, Alberta**AVOID  
FROSTRATION!**

Defrosting get you down? Why not save time and temper with a new No-Frost Refrigerator-Freezer. No longer do you have to plan a "defrosting day" when the refrigerator is lightly stocked. Instead, you buy when you like... forget defrosting for ever!

**BUY NO-FROST**

The latest No-Frost designs do more than give your kitchen a bright, new look. They're more efficient, more convenient, and offer an unprecedented range of colors and designs. Large capacities and efficiency-planned shelf arrangements let you buy in bulk and save money. Many models make unlimited ice cubes, automatically. See all the new features at the special display of No-Frost Refrigerator Freezers this month!

**CALGARY  
POWER**

## PURPLE CROSS UTILIZED



—Vern Decoux Photo.

Mr. and Mrs. Milo Marcial of Blairmore, accept a cheque from the Coleman Elks Lodge No. 117 from the Elks Purple Cross Fund to aid Garry Marcial in the cost of an ear ailment operation. The cheque, in the sum of \$375.00, was presented by Coleman Lodge Secretary Mel Cornett, while looking on (left to right) are Leading Knight Ron Collings, Loyal Knight Dick Girardi and Exalted Ruler Paul Filewich.

## PUBLIC NOTICE

By the Board of Trustees of the **Lethbridge Junior College** of the Province of Alberta.

WHEREAS pursuant to the Orders-in-Council Nos. 1206/59, 1372/59, 1410/59, 1461/59, 386/62, 248/63, 1098/63, 1594/63, 1942/63, 2011/73, 1213/64 the service area of the Lethbridge Junior College is delineated as follows:

Lethbridge School District No. 51  
Lethbridge Roman Catholic Separate School District No. 9  
County of Lethbridge No. 26  
County of Warner No. 5  
Cardston School Division No. 2  
Taber School Division No. 4  
Willow Creek School Division No. 28  
Pincher Creek School Division No. 29  
Taber Roman Catholic Separate School District No. 54  
Barons Consolidated School District No. 8  
Pincher Creek Roman Catholic Separate School District No. 18  
Crownsnest Pass Consolidated School District No. 63  
Coldale Roman Catholic Separate School District No. 73  
Coldale Roman Catholic Separate School District No. 74  
Coldale Roman Catholic Separate School District No. 75  
Coldale Roman Catholic Separate School District No. 76  
Picture Butte Roman Catholic Separate School District No. 79  
Granite Falls Roman Catholic Separate School District No. 77  
Battersea Roman Catholic Separate School District No. 78  
Huntsville Roman Catholic Separate School District No. 85  
Balmer Roman Catholic Separate School District No. 104  
Shaughnessy Roman Catholic Separate School District No. 107

AND WHEREAS it is deemed expedient by the Board of Trustees of the Lethbridge Junior College of the Province of Alberta, that the sum of One Hundred and Sixty-Nine Thousand Dollars should be borrowed on the security of the said Junior College by the issue of Debentures repayable to the bearer in Twenty-five consecutive equal annual instalments with interest at the rate of not more than 8 per centum per annum for the following purposes, namely:

- Erecting on the campus of the said Junior College a new steel and pre-cast concrete Administration Building containing the Board room, President's office, Directors' offices, Faculty offices, Bursar's department, Stenographic pool, Registrar's department, Maintenance department, Continuing Education department, Counselling department, Purchasing department, Bookstore, Library, and shipping and receiving, at an estimated cost of \$1,072,720 including architects' fees and services;
  - Erecting a steel and concrete block addition to the present Kate Andrews building, containing a Library and Coffee Shop, Bakery, Beef Breaking area, classroom, office and storage area, at an estimated cost of \$311,000.00.
  - Providing furniture and equipment at an estimated cost of \$365,000.00
- Total estimated cost of the project \$1,448,720.

THEREFORE, notice is hereby given by the Board of Trustees of the said Junior College that unless a poll of the proprietary electors within the service area of the said Junior College for and against the said debenture loan is demanded as provided by The School Act and The Public Junior Colleges Act the said College Board will apply to The Local Authorities Board of Alberta for authority to borrow the said sum by debentures. Of which all persons interested are hereby notified, and they are required to govern themselves accordingly.

JEROME D. ROBBINS,  
Chairman.

Dated at Lethbridge, Alberta,  
this 7th day of May, 1969.

### Instructions To Proprietary Electors In The Service Area of a Junior College

- A poll of the proprietary electors for and against the by-law may be demanded within fifteen days after the date of the posting of or of the last publication of this notice, by a demand in writing signed by twenty-five proprietary electors of each of at least half of the districts, divisions, and counties comprising the Junior College Service Area.
- Every demand for a poll should be delivered to the Secretary of the Junior College, or in his absence, to the Chairman of the College Board, within fifteen days from the date of posting of this notice. A certified copy of the demand should be forthwith forwarded to the Local Authorities Board of Alberta, at Edmonton.
- Proprietary Elector means any elector, who is liable to assessment and taxation for school purposes in respect of any property situated in the service area of the Lethbridge Junior College.

Let The Journal Handle Your Printing



MR. ROBERT POUNDER  
Pianist,  
Edmonton, Alberta.

Robert Pounder is a well-known Canadian musician engaged in many musical activities. He is a former president of the Canadian Federation of Registered Music Teachers and has held the offices of president and vice-president for the Alberta branch of the Registered Music Teachers.

As well as his outstanding work as accompanist, he performs as pianist for CBC and local radio programs. Mr. Pounder is organist and choirmaster at Metropolitan United Church in Edmonton and conducts two choirs of handbells, which were cast in England. He excels as a teacher and many of his pupils are yearly winners of awards.

Mr. Pounder will be conducting the Western Board of Music practical examinations in Coleman on June 22nd.

### Lions Announce Bingo Winners

Winners of prizes at the Lions bingo night were:

\$50 each, Mrs. J. McCulloch and Mrs. Bevalacqua.  
\$12, Gina Lord, Bert Bond, A. Robinson, Mrs. Ivan Johnson, Mrs. Ferio.

\$10 each, Anne Hurtak, Trudy Knight, Mrs. J. Hummel, Louise Montalbetti, Mrs. Alice Ennis and J. Kalmar.

The next bingo June 19th, will feature \$100 to go, five \$12, five \$10 and a \$40 eight number or less bingo.

### Alberta Tobacco Tax Act

The Hon. A. O. Aalborg, Alberta Provincial Treasurer, has announced that, under The Alberta Tobacco Tax Act, all retail outlets, vending machine operators, importers and brokers handling tobacco products must apply for a provincial permit by June 9th.

The permit system is being instituted to assist the Tobacco Tax Branch in maintaining records of the sale of tobacco products in the province and to facilitate collection of the tax. Anyone making application will automatically receive a permit.

Wholesalers and manufacturers, selling direct to retailers are being asked to assist in the implementation of the regulations by distributing application forms to their customers.

Application forms are also available from the Tobacco Tax Branch, Room 400A, Terrace Building, Edmonton.

### Public Lands Act

Amendments to the Public Lands Act passed at the 1969 Session of the Alberta Legislature permit the establishment of regulations governing the reclamation of public lands which are not subject to the provisions of the Present Surface Reclamation Act. These are unsurveyed lands and lands within the Eastern Rockies Conservation area.

Hon. H. A. Ruste, Alberta Minister of Lands and Forests, explains the amendment will permit the Cabinet to make regulations controlling the conditioning, maintenance and reclamation of public lands used in the recovery of minerals and construction of pipelines.

Mr. Ruste says discussions are taking place between personnel of the Department of Lands and Forests, the Department of Mines and Minerals and the Conservation and Utilization Committee, with a view to presenting legislation to the 1970 Session of the Legislature to establish a comprehensive reclamation board.

### Youth Creation Spectacular

The Youth Exhibition Board, which was set up recently by the Lethbridge and District Exhibition

is announcing the "Youth Creation Spectacular Fashion Show", which will be held in the Youtharama Building during the Fair July 14 to 19.

This includes any article of clothing that has been made by individuals and modelled either by themselves or non - professional models. Articles will be judged on techniques used, originality and presentation. Accessories are to be included with presentation.

This competition is not open to professional seamstresses.

The Youth Exhibition Board is very anxious to have a large participation in this Youth Display, and is urging anyone who is handy with a needle to participate. Facilities have been set up for modelling and a professional co-ordinator will be looking after this show.

Cash prizes will be awarded for the best articles of clothing in the show, as follows:

- 1st prize—\$25.00.
- 2nd prize—\$15.00.
- 3rd prize—\$10.00.

Application forms can be picked

up at the Exhibition office or from the schools.

### Sunday Hunting

Sunday hunting of big game will be allowed in parts of Alberta this year as a result of amendments to the Game Act passed at the 1969 Session of the Alberta Legislature.

The Hon. Henry Ruste, Alberta Minister of Lands and Forests, explains that Sunday hunting will only be allowed in northern parts of the "green area" of the province and not in developed regions, or in areas of intensive recreational use. Mr. Ruste expects the regulations designating the areas where Sunday hunting can take place will be announced in July.

A young father was telling a group of friends what a bad time he had when his baby was born. Finally a young matron inquired: "Who had that baby, anyway?" The young man nodded toward his wife. "She did," he answered, quite seriously. "But she had an anesthetic."

## The Lethbridge Junior College

OFFERS

## Career Programs

in the following schools:

Agriculture Education  
Business Education  
Liberal Education  
Nursing Education  
Technical-Vocational Education

Calendars and application forms can be obtained from:

Registrar's Office  
Lethbridge Junior College  
Lethbridge, Alberta  
Phone 937-2141

## Parents Attention!

Appointments will be received by the Chinook Health Unit for children of the Crows Nest Pass between the ages of 4 to 14 years for the painting of their teeth with Stannous Fluoride in the

UNITED CHURCH, COLEMAN

**JULY 14th to 25th**

For appointments Phone Chinook Health Unit  
Sub. Office 562-2720 the week of June 16th

## HOLIDAY SPECIAL

**PLAIN DRESSES 99c each**

**Pants, Slims and Plain Skirts 2 for 99c**

**20% OFF**

on all Clothes, Blankets, Drapes, etc., etc.

**UNION CLEANERS & TAILORS**

FOR FREE PICK-UP AND DELIVERY  
Phone 562-2112, Blairmore

## DO IT NOW

We Specialize in  
**BODY WORK**

ON YOUR CAR OR TRUCK

Free Estimates Given

**FRED'S BODY SHOP**

In our old location on Second Street, north of Mike Hall

# ALBERTA MEDICARE STARTS JULY 1

FROM THAT DATE YOU ARE COVERED  
BY THE ALBERTA HEALTH CARE INSURANCE PLAN

## YOUR BENEFITS - BASIC HEALTH SERVICES

which include . . .

- ☆ COMPLETE MEDICAL, SURGICAL AND OBSTETRICAL COVERAGE
- ☆ SPECIFIED ORAL SURGERY PERFORMED BY A DENTAL SURGEON
- ☆ OPTOMETRIC REFRACTIVE EXAMINATIONS
- ☆ PODIATRIC AND OSTEOPATHIC SERVICES
- ☆ CHIROPRACTIC SERVICES

## SUBSIDY ASSISTANCE - PROVIDED BY THE GOVERNMENT OF ALBERTA

Persons may receive subsidy assistance equal to **one half of the premium** payable by him if his taxable income (or the combined taxable income of himself and his spouse) for the preceding year was not more than \$500.00.

Subsidies are applicable to one benefit period only. A new application must be made for each benefit period.

### APPLICATION:

**INDIVIDUAL:** Applications for subsidy will be printed on the first premium notice sent to residents.

**GROUP:** Applications for subsidy will be available through Group Leaders.

## REGISTRATION:

REGISTRATION IS MANDATORY BY LAW: YOU MUST REGISTER BY JULY 1, 1969.

- ☆ Persons presently enrolled in groups with M.S.I. or other carriers will receive registration forms from their Group Leaders.
- ☆ All persons enrolled on an individual basis with the Alberta Health Plan or M.S.I. will receive registration forms by mail.
- ☆ Persons not enrolled in group plans, persons enrolled on an individual basis with other carriers or persons not presently covered by any plan can obtain registration forms at any Alberta Treasury Branch or at any branch of a chartered bank in Alberta.

## PREMIUMS:

Single ..... \$ 60 per year  
Family ..... \$120 per year

Persons registered on a group basis will be required to pay monthly. Those registered on an individual basis will pay quarterly. Please do not make payment at time of registration. You will be billed later.

## OTHER SERVICES:

OPTIONAL HEALTH services that are not Basic Health Services under the Plan, such as ambulance, hospital benefits not included under the Alberta Hospitalization Benefits Plan, drugs, prosthetic appliances, Physiotherapy and naturopathic services are available under the Alberta Blue Cross Plan and may be available from private insurance companies.

**YOU MUST REGISTER WITH THE ALBERTA HEALTH CARE INSURANCE COMMISSION**  
**A DETAILED BROCHURE WILL BE MAILED TO YOU SHORTLY - READ IT!**



ALBERTA HEALTH CARE INSURANCE COMMISSION

## THE COLEMAN JOURNAL

Published Every Second Wednesday at Coleman, Alberta  
 Authorized as Second Class Mail by the Post Office Department at Ottawa.  
 REGISTRATION No. 1322 - T. HOLSTEAD, Publisher  
 Member of Alberta Weekly Newspapers Association  
 Subscription Rates \$2.50 per year - Foreign \$3.00 per year - Single 10c

## The Homemaker



Miss Eileen Sullivan,  
 District Home Economist,  
 Claresholm, Alta, Phone 235-3242  
 Cardston Phone 653-3462  
 Pincher Creek  
 Phone 627-3130 or 627-4022

## Vegetable Varieties

## For The Freezer

Be sure to plant only vegetable varieties that are recommended for freezing if you plan to store some of your garden produce in your freezer, advises the Alberta Dairy Branch's food technology specialist K. J. Spiller.

He stresses that not all vegetables and fruit varieties are suitable for freezing, and that anybody who wants to freeze them should consult one of the publications that lists varieties recommended for this purpose. Bulletins "Preserve By Freezing" and the "Alberta Horticultural Guide" both contain such lists. They are available from my office.

Mr. Spiller says that vegetables should be frozen when they are in their prime for table use. Also, a minimum of time should be allowed to elapse between their being picked and frozen. Since freezing is only a means of preserving vegetables, it will not improve their quality. In fact, it can reduce their quality if it is not done properly.

Mr. Spiller also warns against overloading your home freezer when storing your garden produce this summer.

Overloading slows down the freezing process and reduces the qual-

ity of the vegetables, sometimes even causing them to spoil.

Since a home freezer can properly freeze only two or three lbs. per cubic foot of capacity in 24 hours, anyone with a large quantity to freeze at one time might be wise to have it sharp frozen at a locker or processing plant before putting it in the freezer.

## Preventive

## Pointers . . .

We have recently completed our first year of the Preventive Social Service program for the Pincher Creek - Crows Nest Pass area. As Director of the program, I have had a great deal of personal satisfaction regarding the achievements that have been accomplished in our various programs, and I hope that the community in general, shares with me this feeling of positive fulfillment in our community development.

There seems to be some confusion as to what our program is all about, and in the next couple of issues I will try to explain as clearly as possible, the meaning of the Preventive Program.

Preventive Social Service does not, as the name would imply, work to prevent social services, but does work to establish programs in the community, and to assist and take steps to encourage and help communities with needed programs.

In my first year as Director, it was my role to make a survey of the area, as to the type of programs needed, the resources available, and then to help our communities develop some of the programs which seemed most needed. Accomplishments during our first year have included:

The Headstart Program (for pre-schoolers), the Family Life Center (with a full time counsellor for marriage and other counselling, home - maker services, etc.), the

Vocational Fair (to help students in their Vocational aspects), the Dr. Hatfield Program - "Relationship Between the Sexes", for adults and students, the founding of the Napa Friendship Association at Pincher Creek (which is now operating on its own, and making great steps toward the breaking down of barriers between the Indian and white communities in that area), and a start toward establishing a Senior Citizens Program for the elderly citizens in our communities. We have recently completed a seminar on "The Use and Misuse of Drugs" in Coleman, and a similar seminar in Pincher Creek on May 27th.

The Preventive Social Service program is designed to develop community interest, to strengthen and preserve family life to avoid family break-down. It is available to ALL members of a community for the enrichment of their physical, mental and social well-being.

Prevention acts to reduce the possibility of failure and dependency of families and individuals in our communities, and to try to build them up, to avoid them becoming dependent on economic aid or rehabilitation.

"We Accentuate The Positive To Eliminate The Negative".

## Spring Tire Education Campaign

Driving habits which shorten lives of tires are also unsafe habits, the Canada Safety Council says in its Tire Education Campaign.

The campaign is aimed at alerting motorists to the need for safe tires for safe driving.

The following list of dangerous driving practices is also the one motorists are advised by tire makers to avoid if they want to increase tire life:

- 1-Driving at excessive speeds.
- 2-Fast turns on curves and around corners.
- 3-Driving over curbs or other obstructions.
- 4-"Jack-rabbit" starts and "panic" stops.
- 5-Excessive speeds on washboard roads.
- 6-Driving on the edge of the pavement.

ment.

The campaign stresses the need for correct tire inflation, regular inspections of the driver's contacts with the road and care in selecting replacement tires.

Tires that are too hard or too soft reduce the driver's control of his vehicle because they're not running on the full tread. The right air pressure is set out in the owner's manual and in charts distributed widely by the Council in co-operation with the Rubber Association of Canada.

Proper tire inspection can prevent many dangerous tire failures caused by bald and damaged tires. When the tread gets worn down to a depth of 1/16th of an inch, the tire should be replaced.

Bald tires skid easily on wet surfaces. Adequate tread depth prevents aquaplaning, a dangerous water-skidding effect caused by water forcing its way under balding tires running on wet roads.

The Council also alerts motorists to the danger of mixing tires of different designs—bias, radial and belted bias. They handle differently because they're built differently.

Knowing what to do about tire failures is important for safe driving. A firm grip on the steering wheel will enable the driver to handle unexpected situations, such as tire failure, skid or sudden change of direction with relative safety.

Don't be a one-finger driver. If by chance you do have a flat, don't brake the car violently—let it coast to a stop then steer it completely off the road. Driving on a flat to a garage even for a

short distance is dangerous because the driver has less than full control. Tire makers also point out that two out of three tires run this way are damaged beyond repair.

And "stop-gap" repairs are no guarantee of safe tires. Devices such as plugs inserted from the outside and aerosol - type sealants are good for only 100 miles of driving at speeds not over 50 mph.

A good spare tire, properly inflated, is your best insurance in these emergencies, the Council says.

## LOSE 10 LBS. IN 10 DAYS ON GRAPEFRUIT DIET

## HOLLYWOOD, CALIF.

(Special) — This is the revolutionary grapefruit diet that everyone is suddenly talking about. Literally thousands upon thousands of copies have been passed from hand to hand in factories, plants and offices throughout the U. S. and Canada.

Word of its success has spread like wildfire. Because this is the diet that really works. We have testimonials in our files reporting on the success of this diet. If you follow it exactly, you should lose 10 pounds in 10 days. There will be no weight loss in the first four days. But you will suddenly drop 5 pounds on the 5th day. Thereafter you will lose one pound a day until the 10th day. Then you will lose 1½ pounds every two days until you get down to your proper weight. Best of all, there will be no hunger pangs. Now revised and enlarged, this new diet plan lets you stuff yourself with foods that were formerly "forbidden" such as big steaks trimmed with fat, roast or fried chicken, rich gravies, mayonnaise, lobster swimming in butter, bacon, fats, sausage and scrambled eggs. You can eat until you are full, until you cannot possibly eat any more. And still lose 10 pounds in the first ten days plus 1½ pounds every two days thereafter until your weight is down to normal. The secret behind this new "quick weight loss" diet is simple. Fat does not form fat. And the grapefruit juice in this new diet acts as a catalyst (the "trigger"), to start the fat burning process. You stuff yourself on the permitted food listed in the diet plan, and still lose weight, and your weight will remain constant. A copy of this new and startlingly successful diet plan can be obtained by sending \$2 to GRAPEFRUIT DIET PUBLISHERS, 1213 Premier Way, Calgary 6, Alberta. Money-back guarantee. If, after trying the diet plan you have not lost 7 pounds in the first seven days, and 1½ pounds every two days thereafter, simply return the diet plan and your \$2 will be refunded promptly and without argument. Tear out this message as a reminder. Decide now to regain the trim, attractive figure of your youth, while enjoying hearty breakfasts, lunches and dinners.

## Legal Notice

## NOTICE TO CREDITORS AND CLAIMANTS

In the Estate of PRIMO PALMA, late of the Town of Blairmore, Alberta, Retired, who died on the 6th day of April, 1969.

Take notice that all persons having claims upon the Estate of the above named must file with the undersigned by the 12th day of July, 1969, a full statement of their claims and of securities held by them.

L. G. G. Breeze,  
 Assistant Public Trustee,  
 201 John J. Bowden  
 Building  
 620 - 7th Ave. S. W.,  
 Calgary 2, Alberta.

## Legal Notice

GOVERNMENT OF THE PROVINCE OF ALBERTA  
DEPARTMENT OF MUNICIPAL AFFAIRS

PUBLIC SALE OF LANDS  
 Notice is hereby given that under the provisions of The Tax Recovery Act, Chapter 394, R.S.A., 1965, the following lands will be offered for sale by public auction, to be held in the Court House at Blairmore, Alberta, on Friday, the 27th day of June, 1969, at 2 o'clock in the afternoon.

IMPROVEMENT DISTRICT No. 5  
 East Coleman Add.

Lots	Block	Plan
5	C	708FF

Lots	Block	Plan
Pt. of Lot C	2	106FE
(C. of T. 83-U-945)		
19	14	3387AE
11	18	3387AE
8	19	3387AE

Lots	Block	Plan
2	1	4309EW
E. half 2	4	4309EW

Lots	Block	Plan
12	2	4735AQ

Lots	Block	Plan
19	35	5150S

Lots	Block	Plan
17	23	6808CU

Each parcel will be offered for sale, subject to the approval of the Minister of Municipal Affairs and subject to a reserve bid and to the reservations and conditions contained in the existing Certificates of Title.

Reserving thereout all mines and minerals.  
 Terms and conditions of sale will be announced at the sale, or may be obtained from the undersigned.

Redemption may be effected by payment of all arrears of taxes and costs at any time prior to the sale.

Dated at Edmonton, Alberta, this 10th day of April, 1969.  
 A. W. MORRISON,  
 Deputy Minister.

## Classified Ads

## LAND WANTED

SUITABLE for hunting or fishing purposes, large or small acreage. No buildings, send details and legal description to L. Henry, Station "S", Box 56, Toronto, Ontario.

## Apartments for Rent

2 TWO-ROOMED fully furnished Suites with bath or Shower and utilities included. Phone 562-2264 after 5 p.m.

## Coming Events

The Polish Ladies will hold a Bazaar in the Polish Hall, Coleman, on Saturday, June 14.

St. Paul's United Church Women will hold a Strawberry Tea in the Club Room on June 19th.

St. Paul's United Church Women will hold an Autumn Tea in the Club Room on September 10.

The Coleman Catholic Women's League will hold a Fall Bazaar and Tea in the Catholic Hall on Saturday, October 25th.

St. Paul's United Church Women will hold a Pie Social in the Club Room on October 28th.

St. Paul's United Church Women will hold their annual Fall Bazaar in the Club Room on Nov. 15.



## Attend Church

## ST. PAUL'S United Church

Morning Service—10 a.m.  
 Sunday School—11.15 a.m.  
 You are All Welcome.

## COLEMAN CHRISTIAN ASSEMBLY

Family Bible Hour — 11:00 a.m.  
 Lord's Supper — 12:30 p.m.  
 Evening Service — 7:00 p.m.  
 Holding Fast the Faithful Word — 10:00 p.m.  
 Holding Fast the Word of Life — 10:00 p.m.

## JEHOVAH'S WITNESSES

Coleman  
 Meetings at Kingdo Hall  
 Every Sunday at 10 a.m.  
 Every Friday at 7 p.m.

## LUTHERAN SERVICES

Held in the Anglican Church  
 7:30 p.m. Each Sunday  
 Rev. Karl Keller  
 Phone 627-4278  
 Pincher Creek.

## STOP! Coleman Esso Service GO!

Reliable Imperial Products and Service including a Licensed Mechanic.  
 Your Satisfaction is Our Business.

## RAMBLER SERVICE CENTRE

PHONE 563-3828  
 OTTO KRUG, Prop.

## Harder's SEPTIC TANK PUMPING

George Harder, Prop.  
 Phone 564-4625  
 Bellevue, Alberta

## Grand Union Hotel and Red's Coffee Bar

Earl and Vi. Schmidt  
 Proprietors  
 ROOMS WITH BATH  
 REASONABLE RATES

## Make Your Mother's Day--Father's Day Wish Come True!

## ENTER THE One Hour "Martinizing" Dry Cleaning

## HIS &amp; HERS Sweepstakes

## Grand Prize

His & Her Karmann Ghlas. Cars

## 2nd Prize

Four 10 inch His & Her Color Television Sets by General Electric

## 3rd Prize

Ten His & Her Luggage Ensembles by Samsonite

## 4th Prize

Fifty His & Her 17 Jewel Watches by Waltham

## 5th Prize

One thousand pairs of His & Her Jewelry by DuBarry of Fifth Avenue. (Handsome cultured pearl Tie Tac for him. A stunning cultured pearl golden finish Circle Pin for her.)

Yes, here's your opportunity to make a Mother's Day-Father's Day wish come true! Enter the One Hour "Martinizing" His & Her Sweepstakes and win a pair of snappy-looking Karmann Ghlas! Or win one of over a thousand other prizes! You don't have to buy anything. Just visit your nearby One Hour "Martinizing" Dry Cleaner—get free details and an entry blank. The Sweepstakes closes June 22, 1969. Void where prohibited by law. CANADIAN entrants in order to win must correctly answer a skill-testing question.

FOR ENTRY BLANKS CONTACT:

## Blairmore Cleaning Centre

PHONE 562-2911, BLAIRMORE, Alberta

## Personalities IN THE NEWS

Mr. and Mrs. Joe Malanchuk of Pincher Creek attended the Golden Wedding Anniversary in honor of Mr. and Mrs. L. Caroe.

Mr. and Mrs. B. Decoux of Lethbridge visited their parents, Mr. and Mrs. V. Decoux at Blairmore, and Mr. and Mrs. F. Cozzi at Coleman.

## Roxy Theatre

Show Times—Monday to Friday, 1 show, 8.00 p.m.  
Saturday at 2 p.m., 7 p.m. and 9 p.m.

### COMING ATTRACTIONS

Thursday and Friday, June 12 and 13

## 'Extraordinary Seaman'

David Niven - Fay Dunaway See Adventure  
FAMILY

Saturday and Monday, June 14 and 16

## "Sergeant Ryker"

Lee Marvin - Vera Miles - Court Room Drama  
FAMILY

Matinee, Saturday, June 14, at 2 p.m.

Tuesday and Wednesday, June 17 and 18

## "Lost Continent"

Eric Porter - Hildergarde Neff - Adventure  
ADULT

Thursday and Friday, June 19 and 20

## "Grand Slam"

Edward G. Robinson - Janet Leigh - Crime Melodrama  
FAMILY

Saturday and Monday June 21 and 23

## "Gypsi Girl"

Haley Mills - Adventure FAMILY

Matinee, Sat., June 21, at 2 p.m.

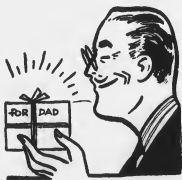
Tuesday and Wednesday, June 24 and 25

## "Don't Just Stand There"

Robert Wagner - Barbara Rhoades  
Adult Cinemascope

## Father's Day

Sun., June 15



### Gift Suggestions

AFTER SHAVE LOTION KEY CASES  
ENGLISH LEATHER RUSSIAN LEATHER  
OLD SPICE WALLETS TIE-TACKS  
CHOCOLATES CARDS ETC.

## COLEMAN PHARMACY

W. L. BORROWS, Manager  
Store Phone 563-3619 House Phone 563 3491

## NOTICE Town of Coleman

Effective July 1st, 1969, the  
**Garbage Rate Will Be Increased**  
\$1.00 per month for Domestic.

Mr. T. Mitchel of Evansburg renewed old acquaintances here this week. He was enroute home after attending the Elks Convention in Lethbridge. Mr. and Mrs. Mitchel resided in Coleman some years ago, he is now Post Master at Evansburg.

Mr. Leslie Peknik visited his parents Mr. and Mrs. Sam Peknik. He was formerly working in Fairbanks, Alaska for the Garrity and Baker Oil Company.

Mr. and Mrs. M. Dimmer of Calgary visited Mr. and Mrs. T. Holstead.

Mrs. Agnes Ryan of Rocky Mountain House visited her brother and sister-in-law Mr. and Mrs. J. Kilgannon over the week end.

Mrs. A. Meer of Fernie B.C. visited her parents Mr. and Mrs. J. Atkinson and also attended the Golden Wedding Anniversary of Mr. and Mrs. L. A. Caroe.

Mr. and Mrs. Len Frayne of Fort Macleod visited the latter mother Mrs. Joe Michalsky.

Mr. and Mrs. C. Huffman recently visited their son and daughter-in-law Mr. and Mrs. D. Huffman at Wabamun.

Mr. W. Archer of Victoria, B.C. renewed old acquaintances in town this week.

Mrs. R. Holly and Mrs. A. Sudworth were recent Lethbridge visitors.

Mr. and Mrs. J. Turner of Calgary visited the latter's parents, Mr. and Mrs. J. Kilgannon.

Mr. and Mrs. Mel Cornett attended the Southern Alberta Postmasters' convention held in Edmonton over the past week-end.

Mr. and Mrs. C. Westley, Mr. and Mrs. Chas. Enes and son and Mr. J. Glass, all of Pincher Creek were recent visitors at the home of Mr. and Mrs. T. Holstead.

St. Alban's W. A., Coleman will hold a

## Strawberry Tea

and

### Pantry Table

in the Elks Hall, Coleman

Sat., June 14th

from 2 to 5 p.m.

Everybody Welcome

THE POLISH LADIES will hold a

## Bazaar

in the POLISH HALL  
Coleman on

Sat. June 14

Everybody Welcome

St. Paul's United Church Women will hold a

## Strawberry Tea

in the Church Club Room  
Coleman, on

Wed., June 18

from 2 to 4:30 p.m.

TEA 50c

Everybody Welcome

Mrs. E. Halstein was a recent Lethbridge visitor where she visited Mr. and Mrs. J. Wilson.

Carl Neddo has returned home after completing his studies at the University in San Francisco.

Mrs. J. Yates was a Calgary visitor last week.

## Swimming Clinic To Be Held In Calgary

Professor Murray Smith, Supervisor of Aquatics and coach of swimming at the University of Alberta, will be in Calgary at the North Family Y.M.C.A. on Saturday, June 14th, and Sunday, June 15th, to conduct a swimming clinic for Red Cross Water Safety Instructors, Leaders and interested persons.

The clinic will include instruction

on teaching all strokes, as well as instruction on a new method of teaching beginning swimming, developed by Mr. Smith.

Professor Smith is regarded all throughout North America, as one of the foremost Canadian authorities on swimming. He has made many advances, through research, on teaching aquatic skills, and has gone across Canada several times on speaking tours to aquatic groups.

Anyone interested in attending this very worthwhile session please register at the North Family Y.M.C.A. at 10 a.m. Saturday, June 14th.

All instruction and materials are free of charge. For further information contact: Water Safety Society, The Canadian Red Cross Society, 1504 - 1st St. S. E., Calgary 21, Alberta; phone 266-1066.

Smokey Bear says, "Remember Only You Can Prevent Forest Fires". You know, he's right!

## Elks Name Bingo Winners

Winners of prizes at the Elks bingo night were:

\$50, Mrs. A. Kropinak; \$40, Gina Lord; \$10, Ellen McDonald.

\$10 split, Mike Stelmahovich, and Mrs. Tuckwood.

\$10 split, Minnie LaCroix and Rina McLeod.

Bedspread, Marge Halluck.

\$10 split, Andy Gettman and Mrs. R. Cox.

\$15 gas, Mrs. Alwyn.

Rug, Roy Gingras.

\$10, Mrs. Beigun.

\$10 split, Jerry Avoledo and Mrs. J. Rivard.

The next bingo June 13th, will feature a \$150 jackpot in 57 numbers.

It takes from 600 to 1200 trees to plant one acre.

MEAT and  
GROCERIES  
Free Delivery

# ZAK'S

Meats & Grocers Ltd.

Dial 563-3628  
or 563-3817

2 Phones for Customer Convenience

THE BUSY LITTLE STORE ON THE CORNER THAT "DEALS ON THE SQUARE"

## SPECIALS

Good for Thur., Fri. & Sat., June 12, 13, 14

NABOB COFFEE	BUTTER No. 1	MILK Carnation	FLOUR Paper Bags
2 lb. pkg. \$1.59	Per lb. 73c	6 tins \$1.17	20 lbs. \$1.88

### PROCTOR & GAMBLE PRODUCTS



LIQUID JOY  
32 oz.

2 for \$1.39

BOLD  
King Size  
each \$1.69



CAMAY FACE SOAP  
6 Regular Bars and  
a Lovely Brush ONLY 99c

Bonus Whole CHICKEN, 52 oz. \$1.09

KLEENEX FACIAL, 3 packages \$1.00

### CAMPBELL'S SOUPS

Cream of Chicken, Cream of Mushroom, Turkey Noodle

5 Tins for \$1.00

### KIMBERLEY-CLARK PRODUCTS

Ballet Tissue

4 Rolls for 59c

Kleenex Towels

Roll of 2 49c

Carnation Instant

Milk, 2 lbs. \$1.15

### Window Cleaner

Copeland, 24 oz.

2 for - \$1.39

### By-the-Sea Chunk

Tuna, 3 tins \$1.00

### PLUM JAM

Nabob Pure

4 lb. Tin 89c

Creamed Corn,

Peas and Green

Beans,

14 oz., 4 for 79c

### EMPRESS DRINKS

Apple, Orange, Grape

48 oz., 3 for \$1.00

### SAUER KRAUT

Steinfelds

14 oz., 3 for 65c

28 oz., 2 for 63c

### PEACHES, Town

House, 14 oz,

3 tins for 79c

### FRUIT COCKTAIL

14 oz. 3 tins 89c

Kookies, 3 pkg. \$1.00

Libby's Tomato Juice

20 oz., 5 for \$1.00

### MINIT RICE

14 oz. - 55c

### NALLEY'S Products

Kosher Dills,

48 oz. - 69c

Plain Dills, 48 oz. 69c

Sweet Mixed,

24 oz. - 55c

Lettuce 2 heads 53c | Oranges 6 lbs. \$1.00

Let's All Try **Burn's Foods Meat Products** Top Quality

Shamrock No. 1 Bacon

1 pound package - 95c

Bologna, piece, lb. only 49c

Wieners, Vac. Pac 1 lb. pkg. 65c

Burnshire Pork Sausage

1 pound package - 67c

### UNICO OIL

Gallon \$2.69

### LARD, Burn's

3 pounds 65c

### RITZ BISCUITS

1 lb. pkg. 55c

Jello Puddings, buy 3 pkgs. get 1 FREE, to clear, 4 pkgs. 47c